

QUEST IS OPEN WITH REGULAR HOURS

Welcome back, we have missed you.

Our goal is to create a safe environment as you return to exercise indoors. We are open for a maximum of 50 customers at any time. We have spaced out the equipment to promote social distancing.

Per the Executive Order from Gov Janet Mills dated Nov 4/2020 the wearing of cloth face coverings is mandatory in public spaces indoors and outdoors. Face coverings must be worn in all parts of Quest including during exercise including group classes and when using cardio equipment.

Locker Rooms

Locker rooms are available for bathrooms and showers, there is no towel service currently. A maximum of 6 people may occupy the locker rooms at any time. The Sauna is not available at this time.

Classes

All Classes are being held indoors in our new 6,500 square foot studio on the second floor. This includes cycle classes, BODYPUMP, Yoga and Bootcamp plus many more.

Keeping Quest Clean

Keeping Quest Clean Quest is well known for its high standards of cleanliness, in addition to increased cleaning, our cleaning company is 'Fogging' the building with disinfectant spray each night when we close, including all equipment. During the day, Quest Staff will be performing ongoing cleaning of equipment and amenities. We will be asking you to help with this process by wiping the equipment you use after use with the disinfectant wipes we provide. There is plenty of hand sanitizer available throughout the building, we encourage you to use this frequently as well as using safe personal hygiene.

Exercise Guidelines

Per the Executive Order from Gov Janet Mills dated Nov 4/2020 the wearing of cloth face coverings is mandatory in public spaces indoors and outdoors. Face coverings must be worn in all parts of Quest including during exercise including group classes and when using cardio equipment.

Water fountains are only available to refill your water bottle, so please bring your own bottle. If you need a small towel during exercise please bring your own at this time.

High Risk Exercise times

The CDC has recommended that health clubs offer a period of time during the day for those who are at a higher medical risk (over age 65 with or have underlying health issues putting you at further danger from COVID 19). We are happy to provide the following times for our higher risk customer:

Monday to Friday 1:00pm to 2:30pm

Pool Use

The pool is open for individual exercise by reservation. From November 1st this is available to all current members with the exception of the OFF PEAK Membership who only have access to workout facilities and off peak classes.

Your pool lane reservation allows you individual use of a pool lane, please call or visit to book a 60 minute spot. Current regulations allow for one person per lane to allow for social distancing. We are currently not providing towel service, so please bring a towel. Swimmers can use the family changing room on the pool deck as well as the locker rooms.

We look forward to seeing you soon.